

**AMENDMENTS TO THE CLAIMS**

1. (Withdrawn) An exercise apparatus comprising:  
a base having a plurality of projections extending upward from the base; and  
at least one removable overlay having a thickness and apertures corresponding to the plurality of projections.
2. (Withdrawn) The exercise apparatus according to claim 1, wherein at least two of the plurality of projections have different heights.
3. (Withdrawn) The exercise apparatus according to claim 1, wherein at least two of the plurality of projections have a different modulus of elasticity.
4. (Withdrawn) The exercise apparatus according to claim 1, wherein there are at least two removable overlays having different respective thicknesses.
5. (Withdrawn) The exercise apparatus according to claim 4, wherein there are three removable overlays having different respective thicknesses.
6. (Withdrawn) The exercise apparatus according to claim 5, wherein the respective thicknesses of the three removable overlays are 1/4 inch, 1/2 inch and 1 inch.
7. (Withdrawn) The exercise apparatus according to claim 1, wherein the plurality of projections are randomly spaced.
8. (Withdrawn) The exercise apparatus according to claim 1, further comprising a surface treatment covering at least one of the base and the plurality of projections.

9. (Currently amended) A belt kit for a treadmill, the belt kit comprising:  
at least two separate belts dimensioned for use on the treadmill, the at least two separate belts each comprising a base having a plurality of projections extending upward from the base;  
a first belt of the at least two separate belts having a first continuous, consistent surface;  
a second belt of the at least two separate belts having a second continuous, consistent surface,

wherein the ~~at least two belts~~ first and the second surfaces are different from each other in at least one of a size of the plurality of projections and a surface treatment,  
the first belt and the second belt are dimensioned for direct foot contact, and  
the first belt is dimensioned to impart proprioceptive demands on the foot, ankle and lower leg different from those of the second belt.

10. (Currently amended) The belt kit according to claim 9, wherein at least two of the plurality of projections on one of the at least two separate belts have different heights.

11. (Currently amended) The belt kit according to claim 9, wherein at least two of the plurality of projections on one of the at least two separate belts have a different modulus of elasticity.

12. (Currently amended) The belt kit according to claim 9, wherein the plurality of projections of the first belt ~~one of the at least two belts~~ are different in height than the plurality of projections of ~~a~~ the second belt ~~of the at least two belts~~.

13. (Currently amended) The belt kit according to claim 9, wherein the plurality of projections of the first belt have ~~one of the at least two belts~~ has a different modulus of elasticity than the plurality of projections of the second belt ~~a second of the at least two belts~~.

14. (Withdrawn) An exercise system comprising:  
at least two exercise mats, the at least two exercise mats each comprising a base having a plurality of projections extending upward from the base, and  
wherein the at least two exercise mats are different from each other in at least one of a size of the plurality of projections and a surface treatment.

15. (Withdrawn) The exercise system according to claim 14, wherein at least two of the plurality of projections on one of the at least two exercise mats have different heights.

16. (Withdrawn) The exercise system according to claim 14, wherein at least two of the plurality of projections on one of the at least two exercise mats have a different modulus of elasticity.

17. (Withdrawn) The exercise system according to claim 14, wherein the plurality of projections of one of the at least two exercise mats are different in height than the plurality of projections of a second of the at least two exercise mats.

18. (Withdrawn) The exercise system according to claim 14, wherein the plurality of projections of one of the at least two exercise mats has a different modulus of elasticity than the plurality of projections of a second of the at least two exercise mats.